


Idaho Department of Correction  	<b>Standard          Operating          Procedure</b>	Title: <b>Healthy Lifestyle Promotion</b>		Page: 1 of 3
		Control Number: <b>401.06.03.046</b>	Version: <b>1.0</b>	Adopted: 06-01-1995

**Pat Donaldson, chief of the Management Services division, approved this document on 05/26/2015.**

**Open to the public:**  **Yes**

**SCOPE**

This standard operating procedure (SOP) applies to all Idaho Department of Correction (IDOC) health care services staff, offenders, contract medical providers and subcontractors.

<b>Revision Summary</b>
Revision date (05/26/2015) version 1.0: <ul style="list-style-type: none"> <li>• Update to new format</li> <li>• Combine and make obsolete;             <ul style="list-style-type: none"> <li>- 401.06.03.049 Personal Hygiene</li> <li>- 401.06.03.048 Exercise</li> <li>- 401.06.03.050 Tobacco Free</li> </ul> </li> </ul>

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**BOARD OF CORRECTION IDAPA RULE NUMBER 401**

Medical Care

**POLICY CONTROL NUMBER 401**

Clinical Services and Treatment

**PURPOSE**

Provide guidance in the education of offenders in self-care strategies and the promotion of healthy lifestyle choices. The health education may be provided by health staff, program staff, or security staff.

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## **RESPONSIBILITY**

The facility health authority or designee is responsible for health education and self-care training for offenders. Health information may be delivered through classes, audio and video recordings, and brochures or pamphlets that address a wide variety of health-related topics. The health record shall document that patients received individual health education and instruction in self-care for their health condition.

## **GENERAL REQUIREMENTS**

### **1. Exercise**

Each institution shall attempt to provide the following exercise options for inmates:

Large muscle activities such as walking, jogging in place, jogging, basketball and isometrics. A separate room or structure shall be provided or designated for the purpose of large muscle exercise activity. Individuals in a transient status or in lockdown for no longer than a week can be exempted.

Making available outside or inside yards, gymnasium, multi-purpose rooms, etc. for exercise shall satisfy the standard. Recreational staff may be beneficial and provided but is not a requirement to satisfy this standard.

Facility "lock downs," demonstrations, or any activity that may create a liberty interest in the normal operation may override exercise requirements.

### **2. Personal Hygiene**

Every area where offenders are normally detained for at least 48 hours, there is availability to a tub or shower with hot and cold running water. Bathing should be permitted daily unless it interferes with the security operation and/or directive that addresses special custody status.

Laundry services should be offered weekly.

The following items should be available to offenders:

- Soap,
- Comb,
- Toothbrush,
- Toothpaste,
- Toilet paper, and
- Sanitary napkins or tampons when required.

Haircuts and shaving implements will be made available to offenders subject to security regulations and mental health considerations.

### **3. Tobacco**

The possession or use of tobacco products by offenders is prohibited. Information on the health hazards of tobacco is available to offenders.

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## DEFINITIONS

**Facility Health Authority:** The on-site Health Authority or senior health staff assigned.

**Medical Authority:** Idaho Department of Correction Health Services Chief.

**Medical Director:** A physician (M.D.) either employed by the Idaho Department of Correction or the physician in charge if medical services are privatized.

**Regional Health Manager:** The individual assigned as the primary manager who is administratively responsible for the delivery of medical services if health services are privatized.

**Qualified Health Professional:** Physician, physician assistant, nurse practitioner, nurse, dentist, mental health professional and others who by virtue of their education, credentials, and experience are permitted by law within the scope of their professional practice are to evaluate and care for patients.

**Self-care Training:** Instruction on care for a condition that can be treated by the inmate and may include over-the-counter medications.

**Health Education:** Information on preventing illness and maintaining a healthy lifestyle.

## REFERENCES

NCCHC Standards for Health Services in Prisons P-F-01, Healthy Lifestyle Promotion and P-F-03, Use of Tobacco

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